

#### ABSTRACT OF THE DISCLOSURE

The invention relates to a gravity bending oven for glass panes, provided with several heating groups (5) (16) which are arranged in a cistern-shaped oven lower part (1) and a cover-shaped oven upper-part (2), and heat insulation (8) arranged on the inside of the oven walls (7). According to the invention, a plurality of channels (9) are arranged in the heat insulation, said channels being cross-flown by a heat transfer medium and are used to guide heat away from the heat insulation. The invention also relates to a gravity bending method for glass panes, which can be carried out, preferably, using said type of oven.